## Determining the Fit

Complete this log sheet and review it regularly to monitor your expectations. This sheet will help you assess if the volunteer opportunity is a good fit.

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| **Goals** | **Priority- 1 high to 10 low** | **How will this opportunity help me achieve my goals?** | **What can I do to help me achieve my goals?** |
| Develop skills |  |  |  |
| Gain work experience |  |  |  |
| Explore career options |  |  |  |
| Develop a job-finding network |  |  |  |
| Learn through service |  |  |  |
| Enjoy better health |  |  |  |
| Gain self confidence |  |  |  |
| Discover my strengths and talents |  |  |  |
| Build a sense of independence |  |  |  |
| Expand my social circle. |  |  |  |